

2004-05

Physical Fitness Test

(PFT)

Overview Packet for School Districts and Schools

prepared by the
California Department of Education

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Table of Contents

Introduction	2
Suggested Uses for the PFT Overview Packet Materials	3
Questions and Answers About the Physical Fitness Test	4
2004-05 Physical Fitness Test Reference Guide	8
California Physical Fitness Test (PFT):	
Parent and Guardian Guide to the PFT and the <i>FITNESSGRAM</i> ®	17
Parent and Guardian Guide to the PFT and Family Fitness	19
Physical Fitness Test Web Site Resources	21
Physical Fitness Test: Program Overview 2004-05 (Presentation Masters)	22



Introduction

By law (*Education Code* Section 60800), school districts in California are required to administer the Physical Fitness Test (PFT) annually to all students in grades five, seven, and nine. The state-designated PFT is the *FITNESSGRAM*®, developed by The Cooper Institute. The *FITNESSGRAM*® is a set of tests designed to evaluate health-related fitness and to assist students in establishing lifetime habits of regular physical activity.

The purpose of the *2004-05 Physical Fitness Test: Overview Packet for School Districts and Schools* is to provide school district and school administrators and staffs with the resources and information they need to (1) prepare for and conduct the administration of the PFT; (2) inform students and parents and guardians about the PFT; and (3) help teachers, students, and their parents or guardians understand and use the PFT results. The resources also are designed to help communicate the importance of physical fitness for all students and to assist in bringing teachers, students, and their parents or guardians together to help students develop a lifelong commitment to physical activity. Descriptions of the documents and suggested uses and distribution dates are provided on page 3. All of the assistance materials in this packet are available as separate downloadable files. Spanish versions of the parent and guardian brochures will be posted on the Web site as soon as they are completed.

For more information and resources about the PFT, visit the California Department of Education (CDE) Web site at <http://www.cde.ca.gov/ta/tg/pfl/>, or contact the Standards and Assessment Division at (916) 319-0341 (phone), (916) 319-0969 (fax), or PFT@cde.ca.gov (e-mail).



Suggested Uses for the PFT Overview Packet Materials

Document	Description and Audience	Suggested Uses	Suggested Distribution Dates
Questions and Answers About the Physical Fitness Test (pages 4-7)	Provides answers to questions frequently asked by school district and school test coordinators responsible for the administration of the PFT	<ul style="list-style-type: none">• Distribute copies at PFT administration training workshops• Distribute copies through school district mail	Prior to and during PFT testing
2004-05 Physical Fitness Test Reference Guide (pages 8-16)	Contains descriptions and suggestions to assist school staff with the proper administration of the PFT	<ul style="list-style-type: none">• Distribute copies at PFT administration training workshops• Post on the school district Web site	Prior to and during PFT testing
Parent and Guardian Guide to the PFT and the <i>FITNESSGRAM</i> [®] (pages 17-18)	Provides a comprehensive description of the six areas of the <i>FITNESSGRAM</i> [®] and details the test option(s) available for each area	<ul style="list-style-type: none">• Distribute copies at parent/guardian information meetings• Attach copies to regular communications to parents and guardians (i.e., weekly home packets, PTA communications, school/home newsletters)	Prior to and during PFT testing
Parent and Guardian Guide to the PFT and Family Fitness (pages 19-20)	Provides an overview of the PFT and includes a summary of the 2003-04 statewide results, answers to key questions, and a list of family fitness activities and fitness-related Web sites	<ul style="list-style-type: none">• Distribute copies at parent/guardian information meetings• Attach copies of student reports of results	Following PFT testing
Physical Fitness Test Web Site Resources (page 21)	Outlines a list of Web sites designed to assist PFT test coordinators in accessing important resources related to the PFT administration and results	<ul style="list-style-type: none">• Distribute copies at PFT administration training workshops• Post on the school district Web site	Prior to, throughout, and following PFT testing
Physical Fitness Test: Program Overview 2004-05 (pages 22-39)	Contains a slide presentation designed to be used to introduce administrators, school staffs, parents and guardians, or community members to the PFT	<ul style="list-style-type: none">• Use at workshops and meetings with administrators, school staffs, parents and guardians, or community members	Prior to and during PFT testing



Questions and Answers About the Physical Fitness Test

Why does California have a Physical Fitness Test?

The California Physical Fitness Test (PFT) provides information that can be used by students to assess and plan personal fitness programs; teachers to design the curriculum for physical education programs; and parents and guardians to understand their children's fitness levels. This program also provides results that are used to monitor changes in the physical fitness of California students. By law (California *Education Code* Section 60800), all school districts in California are required to administer the PFT annually to all students in grades five, seven, and nine.

What is the PFT?

The State Board of Education designated the *FITNESSGRAM*® as the PFT for students in California public schools. The *FITNESSGRAM*® is a comprehensive health-related physical fitness battery developed by The Cooper Institute. The primary goal of the *FITNESSGRAM*® is to assist students in establishing lifetime habits of regular physical activity.

What are the fitness areas tested? What test options are available for each fitness area?

The *FITNESSGRAM*® is comprised of the following six fitness areas, with a number of test options provided for most areas:

Aerobic Capacity

- PACER (Progressive Aerobic Cardiovascular Endurance Run)
- One-Mile Run
- Walk Test (only for ages thirteen or older)

Body Composition

- Skinfold Measurements
- Body Mass Index

Abdominal Strength and Endurance

- Curl-Up

Trunk Extensor Strength and Flexibility

- Trunk Lift

Upper Body Strength and Endurance

- Push-Up
- Pull-Up
- Modified Pull-Up
- Flexed-Arm Hang

Flexibility

- Back-Saver Sit and Reach
- Shoulder Stretch

Descriptions of the six fitness areas and test options can be found in the "2004-05 Physical Fitness Test Reference Guide" on pages 8-16.

What are the standards for each fitness area?

The *FITNESSGRAM*® uses criterion-referenced standards to evaluate performance for each fitness area (e.g., body composition, abdominal strength and endurance). The Cooper Institute established the standards using current research, expert opinions, and known relationships. These standards represent a level of fitness that offers some protection against the diseases associated with physical inactivity. The standards for boys and girls are different for tests where there is a valid rationale from a health-related perspective. For example, differences in cardiac function and body composition between adolescent boys and girls result in boys having a higher aerobic capacity than girls.

Who takes the PFT?

All California public school students in grades five, seven, and nine are required to take the PFT, whether or not they are enrolled in a physical education class. Students who are physically unable to take the entire test battery are to be given as much of the test as conditions permit.

**When is the PFT given?**

The designated testing window for the administration of the PFT is February, March, April, or May. The test may not be administered outside of this administration window.

How can schools best prepare students for the PFT?

Students should be instructed in basic concepts of fitness development and maintenance in the required physical education program. (The required physical education program consists of 200 minutes every 10 school days for grades one through six, and 400 minutes every 10 school days for students in grades seven through twelve. [California Education Code sections 51222 and 51223]). Physical fitness instruction should include explanations of each fitness area and its relationship to good health as well as specific physical activities that improve or maintain each of the components of health-related fitness. Further, students should be provided opportunities to participate in vigorous physical activity and exercise throughout the school day or in physical education classes. Because conditioning prior to testing is important to the safe administration of the PFT, adequate time should be allowed for students to learn about how each fitness-area test is administered and to engage in practice sessions.

Can students complete more than one test option for each fitness area?

A number of options for each fitness area are provided so that all students, including those with disabilities, have the maximum opportunity to participate in the tests. The teacher or the student may select the test for each fitness area; however, only one test for each fitness area should be reported. It is not necessary for all students within a school or all schools within a school district to use the same test options.

Are make-ups allowed for students who are absent on a particular day of testing?

Yes. Schools should provide make-up opportunities for students who are absent on testing days;

however, all make-ups need to take place within the testing window.

Can students be excused from the PFT?

No. The general opt-out provision of California Education Code Section 60615 does not apply to the PFT program. Excuses from taking the PFT are limited to physically disabled students.

What is done to assist students with disabilities on the PFT?

Certain variations or accommodations may be provided for students with disabilities who need special assistance on the PFT. The *Matrix of Test Variations, Accommodations, and Modifications for the Administration of California Statewide Assessments* provides a list of the types of variations and accommodations that are available for the PFT. This chart is posted on the Internet at <http://www.cde.ca.gov/taltg/sa/>. Teachers of students needing accommodations or modifications that are not listed on this chart should contact the California Department of Education (CDE), Standards and Assessment Division, at (916) 319-0341 (phone) or PFT@cde.ca.gov (e-mail). Any accommodations or modifications should be specified in the student's Individualized Education Program (IEP) or Section 504 Plan.

What is the process for making the decisions about accommodations for students with disabilities?

The IEP or Section 504 Plan team is responsible for deciding how students with disabilities will participate in the PFT.

Where can the test administration materials be ordered?

FITNESSGRAM® materials are not available from the CDE. The materials needed for the *FITNESSGRAM*® administration may be ordered from Human Kinetics at (800) 747-4457 (phone) or <http://www.humankinetics.com/>. Human Kinetics offers most of the resources needed for the test administration, including the *FITNESSGRAM*® Test Administration Manual and other materials, such as skinfold calipers and curl-up strips.

**What training should school districts provide for staff to administer the test?**

To ensure the integrity of the PFT data, school districts and schools should ensure that any staff involved with the administration of the PFT is thoroughly familiarized with the test materials and administration procedures. To support such efforts, school districts and schools should use the *FITNESSGRAM*® Test Administration Manual and involve staff who have prior experience with the test administration. The *FITNESSGRAM*® Test Administration Manual includes a DVD with a video of all the test procedures.

What is the annual apportionment for the PFT?

No apportionment is provided for the PFT. Costs incurred to administer, score, analyze, and report results of the PFT are recoverable as “state-mandated costs.” State-mandated costs claim instructions and forms for the PFT can be accessed at <http://www.sco.ca.gov/ard/local/locreim/index.shtml>.

Where should the school districts send the data from the test administration?

A school district that processes its own PFT data should submit the data directly to Educational Data Systems, the state contractor responsible for collecting the PFT results and preparing the PFT reports for California. If a school district contracts with a vendor to process the PFT results, the vendor may submit the data from the PFT administration directly to Educational Data Systems on behalf of the school district.

What are the options available for submitting the data?

There are three options available for submitting the data to Educational Data Systems:

- Using an Internet data entry site
- E-mailing with attached file
- Mailing a disk or CD-ROM

Contact Educational Data Systems at (800) 532-4424 for additional information about these options.

What is the timeline for submitting the data?

Data from the PFT administration must be submitted to Educational Data Systems, by June 30.

How are the PFT results reported?

Performance on each of the fitness-area tests is classified into two general areas:

- Healthy Fitness Zone
- Needs Improvement (i.e., not in the Healthy Fitness Zone)

The desired standard for each test option is the Healthy Fitness Zone (HFZ). The range of measurements that fall into the HFZ for each test option of the *FITNESSGRAM*® can be found in the “2004-05 Physical Fitness Test Reference Guide” on pages 8-16 or the CDE Web site at <http://www.cde.ca.gov/ta/tg/pfl>. All students should strive to achieve a score within the HFZ for each fitness-area test. It is possible that some students score above the HFZ. These scores are reported as in the HFZ.

When can parents and guardians expect to receive their children’s score reports?

Students will be provided with their individual results upon completing the PFT (California *Education Code* Section 60800). Some school districts may require that a PFT score report be sent to parents and guardians. Parents and guardians should be advised to check with their local school district to determine if and when PFT score reports will be sent home.

When are the results of the PFT available on the CDE Web site?

The results of the PFT are available on the CDE Web site <http://data1.cde.ca.gov/dataquest/> by December 1.

**Are the PFT results included on the School Accountability Report Card (SARC)?**

Schools are required by law to include the PFT results in the SARC (California *Education Code* Section 60800). Further, the most recent physical fitness data are to be reported, including the percentage of students scoring in the HFZ for all of the six fitness areas tested. The SARC template, which can be accessed from the CDE Web site at <http://www.cde.ca.gov/ta/ac/sa/>, contains a sample table for the physical fitness data.

How can the test results be used?

The PFT results can be used in several ways. Schools can use the results to determine the fitness levels of their students and to provide direction for curricular plans. Students can be encouraged to use the results to develop a fitness program of maintenance or improvement. Parents and guardians can use the results to help their children

plan fitness activities matched to their individual needs. Since the PFT is given on a yearly basis to students, schools and school districts also can use the results to monitor changes in the fitness status of groups of students over time.

Do PFT results appear on student transcripts?

There is no requirement to include PFT results on student transcripts. Schools may keep the PFT results in cumulative files.

Is there an awards program for the PFT?

No. California does not offer an awards program for the PFT. School districts, schools, parents and guardians, and community members are encouraged to recognize students, including those with disabilities, for improvements in exercise behaviors or on achieving the HFZ in different PFT fitness areas. Care should be taken, however, to protect students' individual results.



2004-05 Physical Fitness Test Reference Guide

The “2004-05 Physical Fitness Test Reference Guide” is designed to assist school district and school staffs prepare for and conduct the administration of the test. This guide includes a detailed description of the fitness areas tested and the related performance standards, and suggestions for facilitating the administration of each fitness test.

Background

The California Physical Fitness Test (PFT) provides information that can be used by students to assess and plan personal fitness programs; teachers to design the curriculum of physical education programs; and parents and guardians to understand their children’s fitness levels. This program also produces results that are used to monitor changes in the physical fitness of California students. By law (California *Education Code* Section 60800), all school districts in California are required to administer the PFT annually to all students in grades five, seven, and nine.

The State Board of Education designated the *FITNESSGRAM*® as the PFT for students in California public schools. The *FITNESSGRAM*® is a comprehensive, health-related physical fitness battery developed by The Cooper Institute. The primary goal of the *FITNESSGRAM*® is to assist students in establishing lifetime habits of regular physical activity.

***FITNESSGRAM*®**

The *FITNESSGRAM*® is designed to assess six key fitness areas that represent three broad components of fitness: (1) aerobic capacity, (2) body composition, and (3) muscle strength, endurance, and flexibility. The third component is divided into four areas: abdominal strength and endurance, trunk extensor strength and flexibility, upper body strength and endurance, and flexibility.

Performance Standards

The *FITNESSGRAM*® uses criterion-referenced standards to evaluate fitness performance. These standards represent a level of fitness that offers a degree of protection against diseases resulting from physical inactivity. Performance on each of the fitness-area tests is classified into two general areas:

- Healthy Fitness Zone
- Needs Improvement
(i.e., not in the Healthy Fitness Zone)

The desired performance standard for each fitness-area test is the Healthy Fitness Zone (HFZ). Test results within the HFZ reflect reasonable levels of physical fitness that can be attained by most students. All students should strive to achieve a score within the HFZ for each fitness-area test. It is possible that some students score above the HFZ.

This guide describes the six key areas tested by the PFT. Following each description are tables that summarize the performance standards for the HFZ by age and gender. The numbers represent the lower and upper limits of the HFZ (see Tables 1 through 13).

Fitness Components and Tests

Aerobic Capacity

The aerobic capacity fitness area refers to the maximum rate that oxygen can be taken into and used by the body during exercise. This component of fitness is considered important because of the research that associates good aerobic capacity in adults with a reduction of many health problems. Three test options are provided to estimate aerobic capacity.

One-Mile Run. This test estimates aerobic capacity from running performance. Students are instructed to run a mile as fast as possible; however, walking is permitted for students who cannot run



the total distance. The time taken to complete the run is recorded in minutes and seconds.

Table 1. HFZs for One-Mile Run

Age	Females minutes:seconds	Males minutes:seconds
10	12:30 – 9:30	11:30 – 9:00
11	12:00 – 9:00	11:00 – 8:30
12	12:00 – 9:00	10:30 – 8:00
13	11:30 – 9:00	10:00 – 7:30
14	11:00 – 8:30	9:30 – 7:00
15	10:30 – 8:00	9:00 – 7:00
16	10:00 – 8:00	8:30 – 7:00

Walk Test. This test is for use with students ages thirteen or older. The test estimates aerobic capacity from heart rate response to a one-mile walk. Students are instructed to walk one mile as fast as possible. Immediately after the walk, the heart rate is determined. This heart rate (heart beats per a 15-second time period) is used along with the total walk time (in minutes and seconds), and the weight of the student to estimate aerobic capacity. An aerobic capacity score (VO_2 max) is estimated by inserting age, gender, weight, mile walk time, and heart rate at the end of the walk into the Rockport Fitness Walking Test Equation (see Figure 1). This score reflects the maximum rate that oxygen can be taken into and used by the body during exercise.

Table 2. HFZs for Walk Test

Age	Females VO_2 max	Males VO_2 max
13	37 – 45	42 – 52
14	36 – 44	42 – 52
15	35 – 43	42 – 52
16	35 – 43	42 – 52

Figure 1. Rockport Fitness Walking Test Equation

$$VO_2 \text{ max} = -.3877 (\text{Age}) + 6.315 (\text{Gender}) - .0769 (\text{Weight}) - 3.2649 (\text{Time}) - .1565 (\text{Heart Rate}) + 132.853$$

Age is in years

Gender is 1 for Males and 0 for Females

Weight is in pounds

Time is in minutes

Heart Rate is in beats/minute

PACER (Progressive Aerobic Cardiovascular Endurance Run). This test estimates aerobic capacity from the number of laps (20 meters in distance) that are completed. Unlike the other two options, this test starts out easy and becomes progressively more difficult. Students are instructed to run as long as possible across a distance and at a specified pace set to music played from a tape or CD-ROM. (The required pace is also available without the music.) For this test, a set of parallel lines is drawn 20 meters apart. Students start on one line, run the distance, and touch the opposite line with both feet. Once they hear the sound of a single beep, students turn around and run back to the starting line. Every minute, indicated by a triple beep, the pace gets faster. Students continue in this manner until they fail twice to reach the line before they hear the single beep.

Table 3. HFZs for PACER

Age	Females # laps	Males # laps
10	15 – 41	23 – 61
11	15 – 41	23 – 72
12	23 – 41	32 – 72
13	23 – 51	41 – 72
14	23 – 51	41 – 83
15	23 – 51	51 – 94
16	32 – 61	61 – 94



Body Composition

The body composition fitness area targets the various factors that contribute to an individual's total weight (i.e., percent of muscle, bone, organ, and fat content). Body composition tests estimate the level of body fat. This component of fitness is considered important because of the research that associates excessive fat content with health problems, such as coronary heart disease, stroke, and diabetes. *FITNESSGRAM*® provides two test options to estimate body composition.

Skinfold Measurements. This test estimates body fat by taking multiple measurements of the thickness of skinfolds on the triceps and calf. A device called a skinfold caliper is used to take these measurements. Using the Body Composition Conversion Chart (found in the *FITNESSGRAM*® Test Administration Manual), the measurements are converted to percentages of body fat.

Table 4. HFZs for Skinfold Measurements

Age	Females %	Males %
10	32 – 17	25 – 10
11	32 – 17	25 – 10
12	32 – 17	25 – 10
13	32 – 17	25 – 10
14	32 – 17	25 – 10
15	32 – 17	25 – 10
16	32 – 17	25 – 10

Body Mass Index (BMI). This test is not an estimate of body fat. Instead, it provides information on the appropriateness of a student's weight relative to his or her height. The BMI is not the recommended body composition test; however, it is available because there may be school district policies limiting skinfold measurements. The use of the BMI does yield some useful information for body composition estimation.

Table 5. HFZs for Body Mass Index

Age	Females BMI	Males BMI
10	23.5 – 16.6	21 – 15.3
11	24 – 16.9	21 – 15.8
12	24.5 – 16.9	22 – 16.0
13	24.5 – 17.5	23 – 16.6
14	25 – 17.5	24.5 – 17.5
15	25 – 17.5	25 – 18.1
16	25 – 17.5	26.5 – 18.5

The California Department of Education (CDE) also accepts measurements of body fat obtained from two devices, the bioelectric impedance and automated skinfold calipers.

Bioelectric Impedance. This device measures resistance to the flow of electrical current in the body. The device sends a weak electrical current through the body and generates an index of resistance. Electrical resistance is greater in fat tissue since less water is stored in fat tissue. The resistance value (along with other values, such as height, weight, age, and gender) is then used to estimate the percentage of body fat.

Automated Skinfold Calipers. This is a computerized version of the skinfold measurements described above. The computerized device is used to acquire, calculate, and display the percentage of body fat together with computer-entered data, such as age and gender.

Muscle Strength, Endurance, and Flexibility

The muscle strength, endurance, and flexibility fitness area determines the health status of the musculoskeletal system (i.e., muscles and bones throughout the body). Balanced, healthy functioning of this system requires that muscles work forcefully (i.e., strength), over a period of time (i.e., endurance), and be flexible enough to have a full range of motion at the joints (i.e., flexibility). This component of fitness is considered important because it can reduce potential restrictions in



independent living as adults (e.g., chronic lower back pain).

To determine the health level of the musculoskeletal system, four major areas are tested: (1) abdominal strength and endurance, (2) trunk extensor strength and flexibility, (3) upper body strength and endurance, and (4) flexibility.

Abdominal Strength and Endurance

Abdominal strength and endurance are important in promoting good posture and correct pelvic alignment. The latter is important in the maintenance of lower back health. The Curl-Up is the only test that is used to determine this area of fitness.

Curl-Up. Students are to complete as many curl-ups as possible, up to 75 at a specified pace (20 per minute or one every three seconds). On a mat, students lie on their backs with their knees bent at a 140° angle and their hands at their sides, palms face down. Moving slowly, students curl up, sliding fingers across a measuring strip on the mat (see Figure 2), and then curl back down until the head touches the mat. Students are stopped after completing 75 curl-ups or when the second form correction is made.

Figure 2. Curl-Up



Table 6. HFZs for Curl-Up

Age	Females # completed	Males # completed
10	12 – 26	12 – 24
11	15 – 29	15 – 28
12	18 – 32	18 – 36
13	18 – 32	21 – 40
14	18 – 32	24 – 45
15	18 – 35	24 – 47
16	18 – 35	24 – 47

Trunk Extensor Strength and Flexibility

Trunk extensor strength and flexibility is an important component of fitness because it predicts first time and recurrent lower back pain, a major source of disability and discomfort in the United States. Although risks of developing back pain are greater with age, awareness and attention to trunk musculature at an early age is important to reduce future risks. The Trunk Lift is the only test used to determine this area of fitness.

Trunk Lift. While lying face down on a mat, students are asked to slowly lift the upper body off the floor, using the muscles of the back, to a maximum of 12 inches. Students need to hold the position for measurement (i.e., distance from the floor to the student's chin) as shown in Figure 3. During the test, students should be instructed to keep their eyes focused on a spot on the floor. Once the measurement is made, the student returns to the starting position. A second trial is conducted and the highest score is recorded. As a safety precaution, students should not be encouraged to rise higher than 12 inches as excessive arching of the back may cause compression of the disks.

All photos reprinted, by permission, from Human Kinetics, *FITNESSGRAM/ACTIVITYGRAM*® Test Administration Manual, 3rd ed. (Champaign, IL: Human Kinetics). This manual includes a DVD with video of all test protocols.

**Figure 3. Trunk Lift****Table 7. HFZs for Trunk Lift**

Age	Females inches	Males inches
10	9 – 12	9 – 12
11	9 – 12	9 – 12
12	9 – 12	9 – 12
13	9 – 12	9 – 12
14	9 – 12	9 – 12
15	9 – 12	9 – 12
16	9 – 12	9 – 12

Upper Body Strength and Endurance

Upper body strength and endurance is an important fitness area because of reported benefits in maintaining functional health and good posture. Four options are available to determine upper body strength.

Push-Up. Students are instructed to complete as many push-ups as possible at a specified pace (20 push-ups per minute) as shown in Figure 4. Students are stopped when the second form correction is made or when they experience extreme discomfort or pain. The number of push-ups is recorded.

Figure 4. Push-Up**Table 8. HFZs for Push-Up**

Age	Females # completed	Males # completed
10	7 – 15	7 – 20
11	7 – 15	8 – 20
12	7 – 15	10 – 20
13	7 – 15	12 – 25
14	7 – 15	14 – 30
15	7 – 15	16 – 35
16	7 – 15	18 – 35

Pull-Up. This test should not be used for students who cannot perform one repetition. Students who are able to perform one correct pull-up are instructed to correctly complete as many pull-ups as possible. Students hang on the bar with their arms fully extended. Students use their arms to pull their bodies up until the chin is above the bar (see Figure 5) and then lower their bodies again into the full hanging position. Students are stopped when the second form correction is made. The number of pull-ups is recorded.

All photos reprinted, by permission, from Human Kinetics, *FITNESSGRAM/ACTIVITYGRAM*® Test Administration Manual, 3rd ed. (Champaign, IL: Human Kinetics). This manual includes a DVD with video of all test protocols.

**Figure 5. Pull-Up****Table 9. HFZs for Pull-Up**

Age	Females # completed	Males # completed
10	1 – 2	1 – 2
11	1 – 2	1 – 3
12	1 – 2	1 – 3
13	1 – 2	1 – 4
14	1 – 2	2 – 5
15	1 – 2	3 – 7
16	1 – 2	5 – 8

Modified Pull-Up. In the administration of this test, students are instructed to successfully complete as many modified pull-ups as possible. The modified pull-up differs from the pull-up in that students perform the test by lying on their backs directly under a bar. Students grasp the bar and pull up their upper bodies until the chin reaches a specified level, marked by an elastic band (see Figure 6). Students are stopped when the second form correction is made. The number of modified pull-ups is recorded.

Figure 6. Modified Pull-Up**Table 10. HFZs for Modified Pull-Up**

Age	Females # completed	Males # completed
10	4 – 13	5 – 15
11	4 – 13	6 – 17
12	4 – 13	7 – 20
13	4 – 13	8 – 22
14	4 – 13	9 – 25
15	4 – 13	10 – 27
16	4 – 13	12 – 30

Flexed-Arm Hang. Students are instructed to hang with their chin above a bar as long as possible. Students are stopped when their chin drops below the bar or when the second form correction is made. The length of time hanging is recorded in seconds.

**Table 11. HFZs for Flexed-Arm Hang**

Age	Females seconds	Males seconds
10	4 – 10	4 – 10
11	6 – 12	6 – 13
12	7 – 12	6 – 13
13	8 – 12	12 – 17
14	8 – 12	15 – 20
15	8 – 12	15 – 20
16	8 – 12	15 – 20

Table 12. HFZs for Back-Saver Sit and Reach

Age	Females inches	Males inches
10	9	8
11	10	8
12	10	8
13	10	8
14	10	8
15	12	8
16	12	8

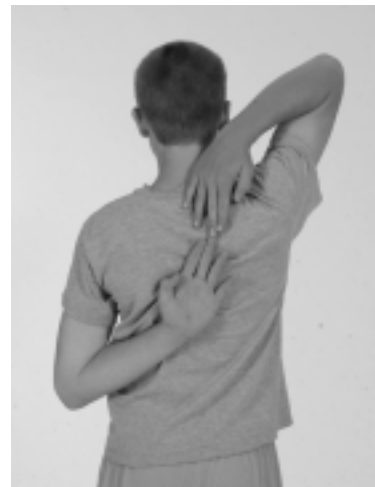
Flexibility

Flexibility of the joints, both in the upper and lower body, is an important component of fitness because it is important in functional health. Two options are available to determine a student's flexibility.

Back-Saver Sit and Reach. This test predominantly measures the flexibility of the hamstring muscles. Students are instructed to reach the specified distance on the right and left sides of the body. Starting in a sitting position, with one leg extended (touching the box needed for this test) and the other leg bent, the student reaches forward with both hands along the scale of the box (see Figure 7). The student reaches four times and holds the position on the fourth reach for at least one second. The distance the student reaches is recorded, and the same procedure is conducted on the opposite leg. As a safety precaution, reach performance should be limited to 12 inches.

Figure 7. Back-Saver Sit and Reach

Shoulder Stretch. This test measures upper body flexibility. Students are instructed to touch the fingertips together behind the back with one hand reaching over the shoulder and the other under the elbow as shown in Figure 8. Both shoulders are tested, and each is recorded separately.

Figure 8. Shoulder Stretch**Table 13. HFZs for Shoulder Stretch**

Age	Females & Males
All ages	Touching the fingertips together behind the back on both sides.

All photos reprinted, by permission, from Human Kinetics, *FITNESSGRAM/ACTIVITYGRAM*® Test Administration Manual, 3rd ed. (Champaign, IL: Human Kinetics). This manual includes a DVD with video of all test protocols.



Suggestions for PFT Administration

The following are general and test-specific administration suggestions for the PFT.

General

Most of the *FITNESSGRAM*® tests can be administered in a space equivalent to the size of most classrooms. While the test options for aerobic capacity require the greatest amount of space, one of the options, the PACER, requires only a space that can accommodate the 20-meter distance needed to carry out the test. Therefore, schools without physical education facilities should consider using one of the following:

- Classrooms, lunchrooms, auditoriums, or other similar spaces
- Physical education facilities on other school campuses
- Local park and recreation facilities

Aerobic Capacity

- Preparing for the test should include instructions and practice in pacing and in techniques for heart rate monitoring.
- Adequate time should be allowed for students to warm up prior to taking the test and to cool down after completing the test.
- To avoid potential invalid estimates, do not administer the test in unusually high temperatures and/or humidity or when the wind is strong.

Body Composition

- Privacy should be provided to the student when taking skinfold measurements.
- Be sure the tester has practiced taking skinfold measurements.
- Whenever possible, the same tester should administer the skinfold measurements to the same students at subsequent tests.

Muscle Strength, Endurance, and Flexibility

- Curl-Up
 - Allow students to practice and learn the correct curl-up form.

- Students should reposition themselves if the body moves and the head does not contact the mat at the appropriate spot or the measuring strip moves out of position.
- Trunk Lift
 - Students should not bounce during the test.
 - Maintaining focus on the spot on the floor should assist in maintaining the head in the proper position.
- Push-Up
 - The test should be terminated if the student appears to be in extreme discomfort or pain.
 - The pace should be called or played on a pre-recorded tape or CD-ROM.
 - Males and females follow the same protocol.
- Pull-Up
 - The body should not swing during the test.
 - Movement should be smooth (i.e., no kicking or jerking).
- Modified Pull-Up
 - Only arm movement is allowed. The body should be kept straight.
 - Movement should be rhythmical and continuous. Students may not stop to rest.
- Flexed-Arm Hang
 - The body should not swing during the test.
 - Only one trial is permitted unless the teacher believes that the student has not had a fair opportunity.
- Back-Saver Sit and Reach
 - The knee of the extended leg should remain straight. The tester may place one hand on the student's knee as a reminder to keep the knee straight. As a safety precaution, care should be taken not to push or use force to hold down the student's knee.
 - Hips must remain square to the box. Do not allow the student to turn the hip away from the box as he or she reaches.



Testing Students with Disabilities

Certain variations or accommodations may be provided for students with disabilities, who need special assistance on the PFT. Variations and accommodations should be specified in the student's Individualized Education Program (IEP) or Section 504 Plan. The *Matrix of Test Variations, Accommodations, and Modifications for Administration of California Statewide Assessments* provides a list of the types of variations and accommodations that are available for the PFT. This chart is posted on the Internet at <http://www.cde.ca.gov/taltg/sa/>.

FITNESSGRAM® is intended for use with students with disabilities who do not require modifications. You will, in some situations, be working with students with disabilities who do require modifications.

If certain physical fitness components are deemed important as a dimension in physical education, they are equally important for all students. Therefore, teachers needing assistance with modifications should contact the California Department of Education Standards and Assessment Division at (916) 319-0341 (phone) or PFT@cde.ca.gov (e-mail).

Administration Resources

The *FITNESSGRAM*® Test Administration Manual, 6.0 Test Kit CD-ROM (software), and materials needed (i.e., skinfold calipers, PACER tape, or CD-ROM) to administer the tests can be purchased from Human Kinetics Company by calling (800) 747-4457. This manual includes a DVD with a video of all the test protocols.

Trunk Extensor Strength and Flexibility

This is an important aspect of fitness because it predicts first time and recurrent lower back pain, a major source of disability and discomfort. Awareness and attention to trunk strength and flexibility may reduce the risk for future back problems. There is only one option for this fitness area.

Trunk Lift. The goal of this test is to lift the upper body a maximum of 12 inches off the floor using the muscles of the back. Students hold this position long enough to allow for the measurement of the lift distance.

Upper Body Strength and Endurance

Upper body strength and endurance is an important fitness area because of reported benefits in maintaining functional health and good posture. There are four options available to assess this fitness area.

Push-Up. Students are asked to complete as many push-ups as possible and at a specified pace.

Pull-Up. Students are instructed to complete as many pull-ups as possible. (The Pull-Up is shown in the upper left photo on the cover.)

Modified Pull-Up. As with the pull-up, students are instructed to complete as many modified pull-ups as possible. The modified pull-up is different from a pull-up in that a student performs the test by lying on his or her back directly under a bar, and grasping the bar to pull up until the chin reaches a specified level.

Flexed-Arm Hang. To complete this test, students hang by the arms with the chin above a bar for as long as possible.

Flexibility

Flexibility of the joints is an important component of fitness that contributes to functional health. There are two options for this fitness area.

Back-Saver Sit and Reach. The goal of this task is to assess the flexibility of the lower back and posterior thigh. Using a special box designed for this test, students are asked to reach forward as far as possible and to a maximum distance of 12 inches. The actual reach distance is measured for both the right and left sides of the body. (The Back-Saver Sit and Reach is shown in the upper right photo on the cover.)

Shoulder Stretch. This simple test of upper body flexibility involves asking students to touch their fingertips behind the back by reaching over both the right and left shoulder and under the elbow.

For additional information regarding the California PFT or *FITNESSGRAM*® visit
<http://www.cde.ca.gov/ta/tg/pfl/> and
<http://www.cooperinst.org/lftgmain.asp>

Cover photos reprinted, by permission, from Human Kinetics, *FITNESSGRAM/ACTIVITYGRAM*® Test Administration Manual, 3rd ed. (Champaign, IL: Human Kinetics). This manual includes a DVD with video of all test protocols.



CALIFORNIA Physical Fitness Test (PFT)



**Parent and Guardian Guide to the PFT
and the *FITNESSGRAM*®**

Background

California *Education Code* Section 60800 requires each school district in California to administer a physical fitness test annually to all students in grades five, seven, and nine. The State Board of Education designated the *FITNESSGRAM*® as the required Physical Fitness Test (PFT) for California public schools. The *FITNESSGRAM*® is a comprehensive health-related fitness test developed by The Cooper Institute. The primary goal of the *FITNESSGRAM*® is to assist students in establishing lifelong habits for regular physical activity.

The PFT is administered during the months of February, March, April, or May. Students are required to be provided with their individual results upon completing the test. Some school districts may require that each student's PFT results be sent to parents and guardians.

There are several ways to use the PFT results. Schools can use the results to determine the fitness levels of their students and provide direction for physical education programs. Students can use the results to assess their individual levels of fitness and develop a fitness program of maintenance or improvement. Parents and guardians can use the results to help their children plan fitness activities to meet their individual needs. School districts and schools also can use the PFT results to monitor the fitness status of their students in grades five, seven, and nine.

***FITNESSGRAM*®**

The *FITNESSGRAM*® is designed to test six key fitness areas that represent three broad components of fitness: (1) aerobic capacity, (2) body composition, and (3) muscle strength, endurance and flexibility. This third component is further divided into four areas: abdominal strength and endurance, trunk extensor strength and flexibility, upper body strength and endurance, and flexibility.

Performance Standards

The *FITNESSGRAM*® uses criterion-referenced standards to evaluate fitness performance. Two levels of performance have been established for each test option: (1) in the Healthy Fitness Zone and (2) needs improvement (i.e., not in the Healthy Fitness Zone). The desired performance standard for each test option is the Healthy Fitness Zone. This standard represents a level of fitness that offers some protection against the diseases resulting from physical inactivity. The *FITNESSGRAM*® standards have been established according to gender and age. The standards can be found at <http://www.cde.ca.gov/ta/tg/pfl>.

Test Areas

The *FITNESSGRAM*® provides a number of options for most of the fitness areas so that all students, including those with special needs, have the maximum opportunity to participate in the tests. For those fitness areas that have options, only one option is administered to a student.

Aerobic Capacity

Aerobic capacity refers to the maximum rate that oxygen is taken in and used by the body during exercise. Good aerobic capacity has been associated with a reduction in health problems. The three performance task options for aerobic capacity assess the capacity of the cardiorespiratory system by measuring endurance.

PACER (Progressive Aerobic Cardiovascular Endurance Run). This test is an alternative to the distance run. The objective is to run as long as possible, going back and forth across a 20-meter distance, and at a specified pace that is set to music and gets faster each minute.

One-Mile Run. The goal of this test is to walk and/or run a distance of one mile at the fastest pace possible.

Walk Test. This test is for students who are 13 years or older. The objective of this task is to walk a distance of one mile as quickly as possible while maintaining a constant walking pace for the entire distance.

Body Composition

The two body composition options estimate the level of fat in the body. This is a key component of fitness because excessive fat content has been associated with health problems, such as coronary heart disease, stroke, and diabetes.

Skinfold Measurements. This test involves taking measurements of the thickness of the skinfolds on the triceps and calf with a device called a skinfold caliper. These measurements are put into a formula to calculate the percent of body fat.

Body Mass Index (BMI). To calculate the BMI, a student's weight and height measurements are inserted into a formula to produce an index of the relationship between these indicators. Although not as accurate an indicator of body composition as skinfold measurements, it is an acceptable option in school districts where policies limit the use of skinfold measurements.

Abdominal Strength and Endurance

Abdominal strength and endurance are important in promoting good posture, correct pelvic alignment, and lower back health.

Curl-Up. This is the only test option for abdominal strength and endurance. The objective of the curl-up is to complete as many curl-ups as possible at a specified pace, up to a maximum of 75. (The Curl-Up is shown in the photo on the lower section of the cover.)

Questions and Answers

Why is physical fitness important?

Physical fitness has been shown to help children handle stress and control weight; build and maintain healthy bones, muscles, and joints; increase self-esteem and the capacity for learning; and strengthen peer relationships.

When is the PFT given?

The PFT is administered annually to all students in grades five, seven, and nine during the months of February, March, April, or May.

What is done to assist students with disabilities on the PFT?

Certain variations or accommodations may be provided for students with disabilities who need special assistance on the PFT. Variations or accommodations should be specified in the student's Individualized Education Program (IEP) or Section 504 Plan. The *Matrix of Test Variations, Accommodations, and Modifications for Administration of California Statewide Assessments* provides a list of the types of variations and accommodations that are available for the PFT. This matrix is posted on the Internet at <http://www.cde.ca.gov/ta/tg/sa/>.

How can parents and guardians best prepare their children for the test?

To help children prepare for the test, parents and guardians can be positive role models and encourage family physical activities. See the Family Fitness Tips in this brochure for more details.

When can parents and guardians expect to receive their children's PFT results?

Students who participate in the PFT will be provided with their individual results upon completing the PFT. Some school districts may require that each student's PFT results be sent to parents and guardians.

How do school districts and schools use the PFT results?

The PFT results are designed to be used in several ways. Schools can use the results to determine the fitness levels of their students and provide direction for physical education programs. Students also can be encouraged to use the results to develop a fitness program of maintenance or improvement. Parents and guardians can use the results to help their children plan fitness activities that meet their individual needs. School districts and schools should also use the results to monitor the fitness status of students in grades five, seven, and nine.

For additional information regarding the California PFT or *FITNESSGRAM*® visit
<http://www.cde.ca.gov/ta/tg/pfl> and
<http://www.cooperinst.org/lftgmain.asp>

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CALIFORNIA Physical Fitness Test (PFT)



Parent and Guardian Guide to the PFT and Family Fitness

Background

California *Education Code* Section 60800 requires each school district in California to administer a physical fitness test annually to all students in grades five, seven, and nine. The State Board of Education designated the *FITNESSGRAM*® as the required Physical Fitness Test (PFT) to be administered to California students.

Goal of *FITNESSGRAM*®

The primary goal of the *FITNESSGRAM*® is to help students establish physical activity as part of their daily lives. *FITNESSGRAM*® provides a number of options for each fitness area so that all students, including students with disabilities, have the maximum opportunity to participate in these tests.

FITNESSGRAM® tests the following six fitness areas. Most of these areas have several options. The options are as follows:

Aerobic Capacity

- PACER (Progressive Aerobic Cardiovascular Endurance Run)
- One-Mile Run
- Walk Test (only for ages thirteen or older)

Body Composition

- Skinfold Measurement
- Body Mass Index

Abdominal Strength & Endurance

- Curl-Up

Trunk Extensor Strength & Flexibility

- Trunk Lift

Upper Body Strength & Endurance

- Push-Up
- Pull-Up
- Modified Pull-Up
- Flexed-Arm Hang

Flexibility

- Back-Saver Sit and Reach
- Shoulder Stretch

Performance Standards

The PFT uses criterion-referenced performance standards to evaluate fitness performance. Two levels of performance have been established for each test option: (1) in the Healthy Fitness Zone and (2) needs improvement (not in the Healthy Fitness Zone). The desired performance standard for each test option is the Healthy Fitness Zone. The standard represents a level of fitness that offers some degree of protection against diseases resulting from physical inactivity. The *FITNESSGRAM*® standards have been established according to gender and age. The standards can be found at <http://www.cde.ca.gov/ta/tg/pfl/>.

2003-04 PFT Results

The PFT results are reported for individual students and for each major sub-group of students (i.e., grade, gender, and ethnicity). Data are reported by the percentage of students who are in the Healthy Fitness Zone and those who are not in the Healthy Fitness Zone. The percentage of students who were in the Healthy Fitness Zone across grades five, seven, and nine in 2004 were: Aerobic Capacity: 50-59 percent; Trunk Extensor Strength: 83-89 percent; Body Composition: 67-68 percent; Upper Body Strength: 67-68 percent; Abdominal Strength: 81-84 percent; and Flexibility: 66-72 percent.

The goal of the PFT is for students to attain the Healthy Fitness Zone for all six of the fitness areas tested. In 2004, 25 percent of students in grade five, 20 percent of students in grade seven, and 26 percent of students in grade nine met the Healthy Fitness Zone for all six fitness areas tested.

Family Fitness Tips

There is no question that exercise is good and that people can benefit from physical activity early on. There are many things you can do to help your child become more active.

- Be a positive role model by exercising regularly on your own or with your child.
- Encourage and support your child's participation in a variety of physical activities.
- Participate together in family fitness activities, such as bicycling, jogging, walking, roller-skating, swimming, dancing, hiking, and/or cross-country skiing.
- Become familiar with resources in your community for promoting physical activity and fitness.

For additional information on how to help your child become more active, visit the following Web sites:

- <http://www.shapeup.org/publications/99.tips.for.family.fitness.fun/>
- <http://www.americanheart.org/presenter.jhtml?identifier=825>
- <http://www.fitfamilyfitkids.com/>
- http://kidshealth.org/parent/nutrition_fit/fitness/
- <http://www.aahperd.org/naspe/templatecfm>
- <http://www.cdc.gov/HealthyYouth/PhysicalActivity/brochures/index.htm>



Physical Fitness Test Web Site Resources

Site Name	Description of Site Contents	Web Address
California Physical Fitness Test		
California Physical Fitness Test (PFT) Home Page	Provides a list of links to Web sites containing information about the California PFT administration and results.	http://www.cde.ca.gov/ta/tg/pfl
PFT Results Reporting Site	Provides access to downloadable files of results for the state, counties, school districts, and schools for tests administered February 1, 2004, through May 31, 2004. Results are also available by gender and ethnic groups. Individual student results are not available.	http://www.eddataonline.com/fitness/2004/Data/
DataQuest (Internet Tool)	Makes available PFT summary reports for the state, counties, school districts, and schools. Results are also available by gender and ethnic groups. Individual student results are not available.	http://data1.cde.ca.gov/dataquest/
Healthy Fitness Zones (Performance Standards)	Organizes the standards established for the PFT. These standards represent a level of fitness that offers some degree of protection against the diseases that result from sedentary living.	http://www.cde.ca.gov/ta/tg/pfl/documents/healthfitzones.pdf
Prior Year Physical Fitness Data	Provides access to press releases and data reports for prior years (1999 - 2003).	http://www.cde.ca.gov/ta/tg/pfl/pftprioryrs.asp
2004 Physical Fitness Test Manual	Contains instructions for preparing for the 2004 PFT administration; options and suggestions for collecting and reporting PFT data; school and student file layouts; and downloadable samples of data collection forms.	http://www.cde.ca.gov/ta/tg/pfl/pftmanual04.asp
FITNESSGRAM®		
The Cooper Institute	Includes background information on the FITNESSGRAM® , which was developed in 1982 by The Cooper Institute in Dallas, Texas. Technical information on the fitness-area assessments and performance standards is available in a Reference Guide.	http://www.cooperinst.org/
Human Kinetics	Includes a variety of products in support of the PFT, including the FITNESSGRAM® Test Administration Manual, 6.0 Test Kit CD-ROM (software), and materials needed (i.e., skinfold calipers) to administer the tests.	http://www.humankinetics.com/
California Physical Education		
Physical Education Framework for California Public Schools	Describes a sequential, developmental, age-appropriate physical education program designed to provide students with the knowledge and ability needed to maintain an active, healthy lifestyle.	http://www.cde.ca.gov/ci/pe/cfl
The California Department of Education (CDE) Web site contains many resources to help school districts and schools develop quality physical education programs. These resources can be accessed by going to http://www.cde.ca.gov/ci/pe/ or by using the search engine located in the upper right hand corner of each page on the CDE Web site.		



Program Overview 2004-05 (Presentation Masters)

The following Physical Fitness Test (PFT) presentation masters are designed to provide options for tailoring presentations. The PFT program overview provides a brief description of the PFT for the 2004-05 school year. This overview is suitable for use with multiple audiences. Four sample charts also have been included in this set of presentation masters. These charts illustrate approaches for displaying PFT results that school district and school administrators may want to use in presentations to school boards, school staffs, and other stakeholder groups.



California Physical Fitness Test (PFT)

Program Overview 2004–05

**November 2004
California Department of Education**

CALIFORNIA DEPARTMENT OF EDUCATION
Jack O'Connell, State Superintendent of Public Instruction



JACK O'CONNELL
State Superintendent
of Public Instruction

California Physical Fitness Test

California *Education Code* Section 60800 requires:

- Annual administration of the Physical Fitness Test (PFT) to all students statewide in grades five, seven, and nine
- School districts to administer the PFT in February, March, April, or May



JACK O'CONNELL
State Superintendent
of Public Instruction

California Physical Fitness Test

The *FITNESSGRAM*®:

- Was designated by the State Board of Education as the PFT
- Was developed by The Cooper Institute in Dallas, Texas
- Has as its primary goal that students establish lifetime habits of regular physical activity



JACK O'CONNELL
State Superintendent
of Public Instruction

California Physical Fitness Test

The ***FITNESSGRAM***® assesses
three fitness components:

- Aerobic capacity
- Body composition
- Muscle strength, endurance, and flexibility



JACK O'CONNELL
State Superintendent
of Public Instruction

California Physical Fitness Test

The fitness component of muscle strength, endurance, and flexibility is divided into four fitness areas:

- Abdominal strength and endurance
- Trunk extensor strength and flexibility
- Upper body strength and endurance
- Flexibility



JACK O'CONNELL
State Superintendent
of Public Instruction

California Physical Fitness Test

The test options for these fitness areas are:

- Aerobic capacity
 - PACER (Progressive Aerobic Cardiovascular Endurance Run)
 - One-Mile Run
 - Walk Test (only for ages thirteen or older)
- Body composition
 - Skinfold Measurements (estimates percent of fat)
 - Body Mass Index (compares weight and height)

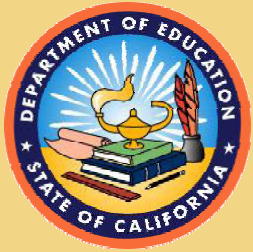


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State Superintendent
of Public Instruction

California Physical Fitness Test

**The test options for these fitness areas are
(continued):**

- Abdominal strength and endurance
 - Curl-Up
- Trunk extensor strength and flexibility
 - Trunk Lift
- Upper body strength and endurance
 - Push-Up
 - Pull-Up
 - Modified Pull-Up
 - Flexed-Arm Hang



JACK O'CONNELL
State Superintendent
of Public Instruction

California Physical Fitness Test

The test options for these fitness areas are (continued):

- Flexibility
 - Back-Saver Sit and Reach
 - Shoulder Stretch

Note: Descriptions of each test option are available at <http://www.cde.ca.gov/ta/tg/pfl/>.



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State Superintendent
of Public Instruction

California Physical Fitness Test

Performance in each of the fitness areas is classified into two levels:

- Healthy Fitness Zone (HFZ)
- Needs Improvement (i.e., not in HFZ)



JACK O'CONNELL
State Superintendent
of Public Instruction

California Physical Fitness Test

The Healthy Fitness Zone (HFZ):

- Is the desired performance standard for each fitness area
- Represents a level of fitness that offers a degree of protection against diseases that result from physical inactivity



JACK O'CONNELL
State Superintendent
of Public Instruction

California Physical Fitness Test

- Individual and group results are reported for each fitness area
- Reports of group results are provided to the Governor and the Legislature and are made available on the Internet
(<http://www.cde.ca.gov/ta/tg/pfl/>)



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State Superintendent
of Public Instruction

California Physical Fitness Test

Group results are reported:

- By percent of students in the HFZ and percent not in the HFZ (i.e., needs improvement) for each of the 6 fitness areas
- By percent of students in the HFZ for 6 through 0 of 6 fitness areas
- By grade for total population, gender, and ethnicity at state, county, school district, and school levels



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State Superintendent
of Public Instruction

California Physical Fitness Test

The PFT provides information that can be used:

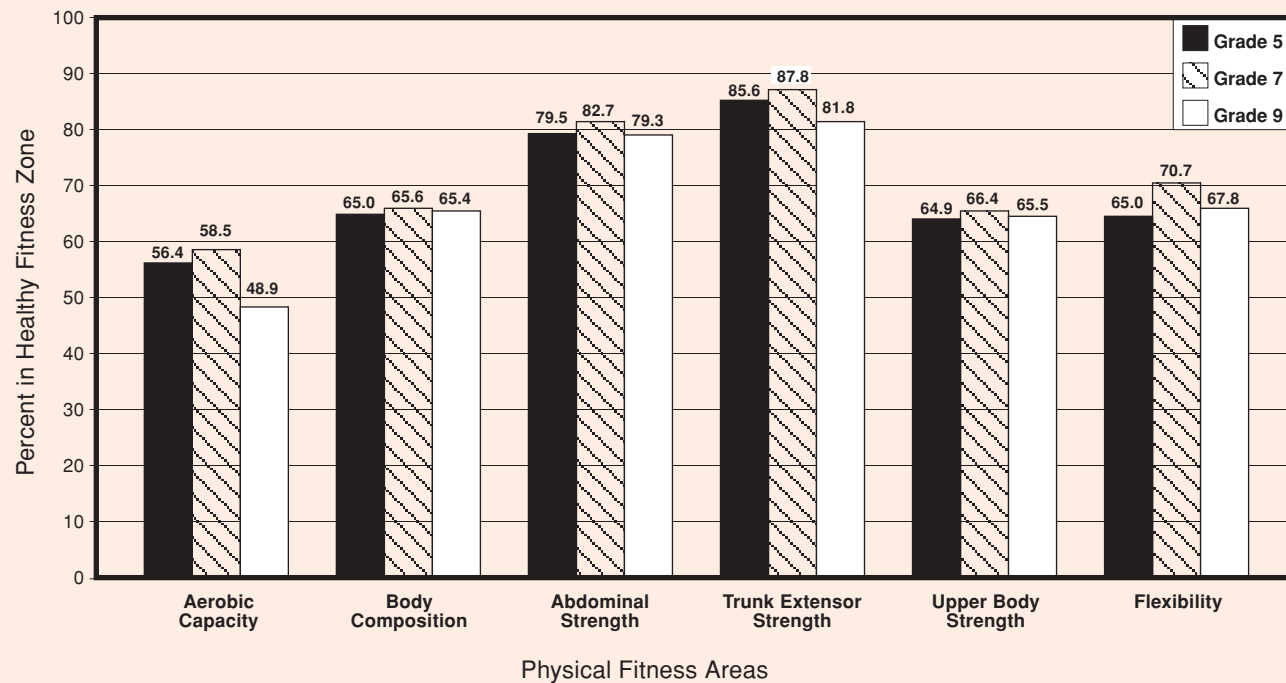
- By students to assess levels of health-related fitness and to plan personal fitness programs
- By teachers to design curriculum for physical education classes
- By parents and guardians to understand their children's fitness levels
- By students, teachers, and parents and guardians to monitor changes in the fitness levels of their students and children



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California Physical Fitness Test

Sample Report Chart #1
By Grade and Physical Fitness Area
2004

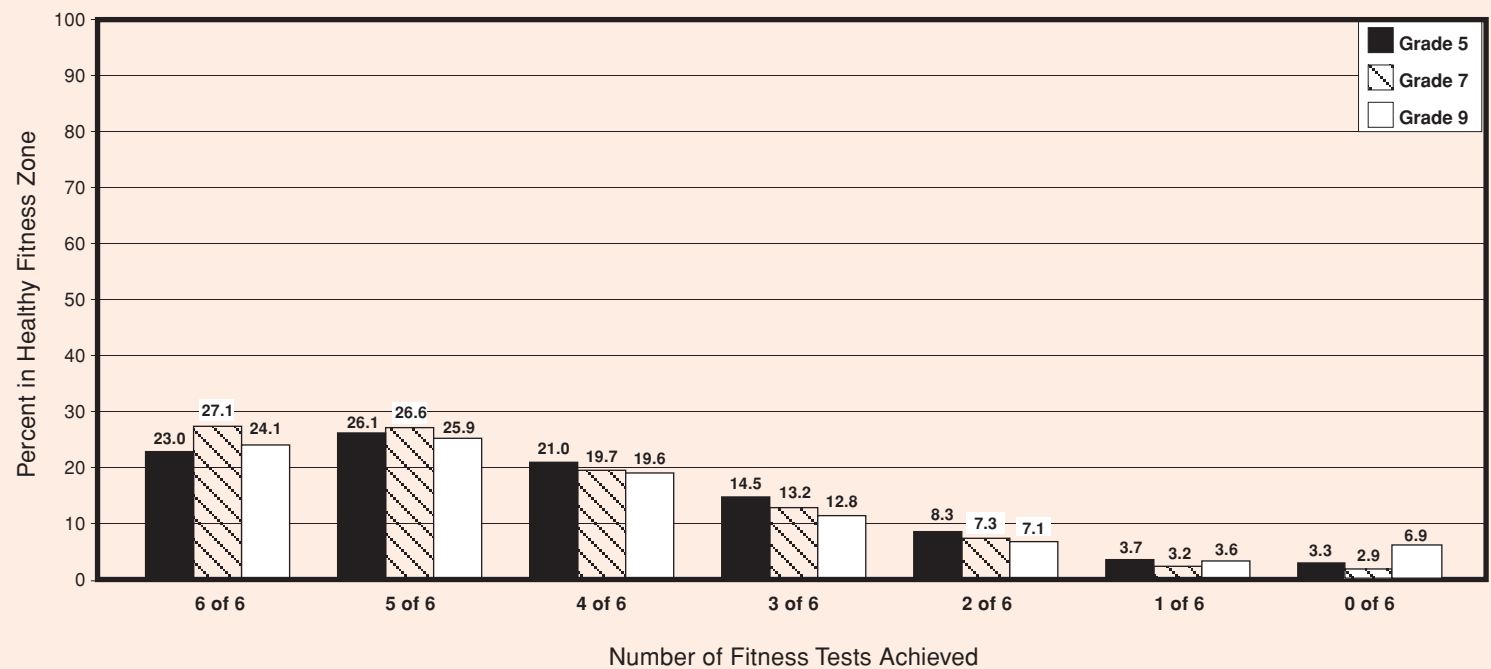




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California Physical Fitness Test

Sample Report Chart #2
By Grade and Number of Fitness Tests Achieved
2004

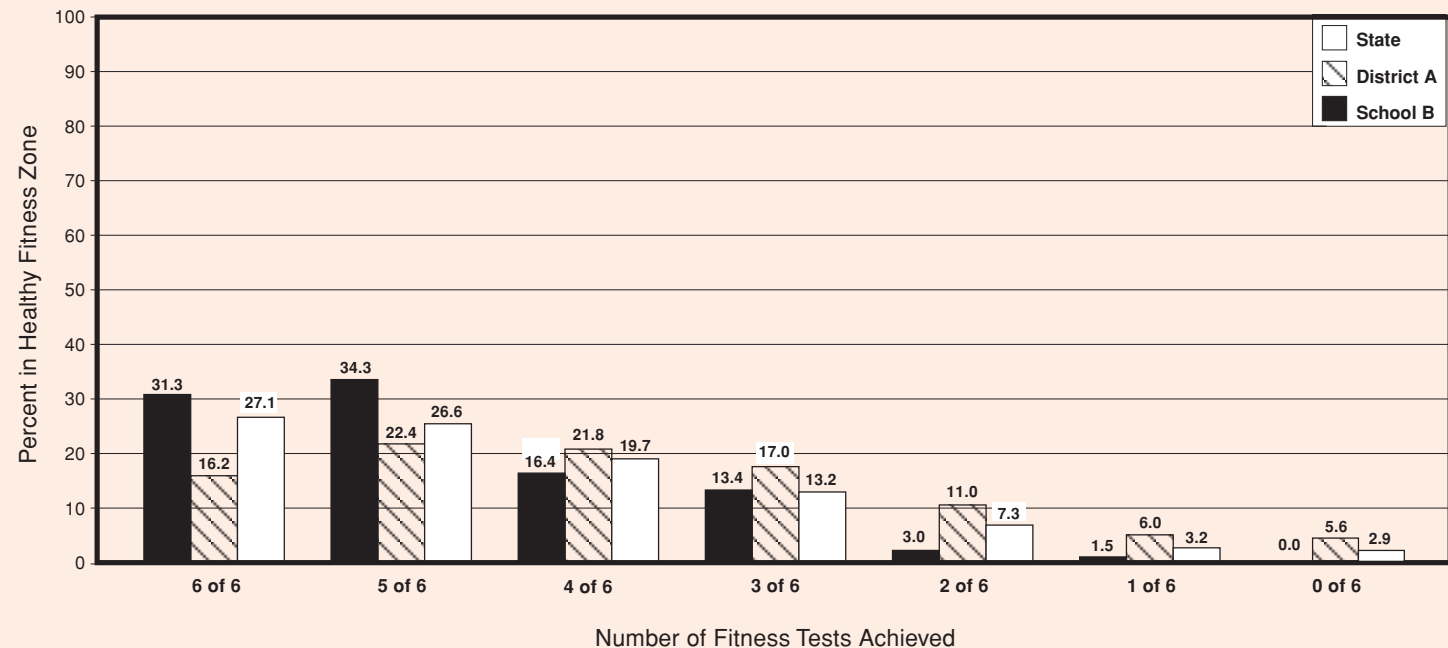




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California Physical Fitness Test

Sample Report Chart #3
State, District A, School B Comparisons
Grade Seven — Number of Fitness Tests Achieved
2004





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California Physical Fitness Test

Sample Report Chart #4
2002-2004 Physical Fitness Area Comparisons for Grade Five

